

### Take the Kids to Italy

**Instructor: Shelly Ironside**

A trip to Italy sounds like a great idea, but planning can be a headache. Some practical advice can help you get started and make sure you plan a trip that everyone will enjoy. Where to go, car or train, country or city, how long in each place, etc. I can help you answer these questions and give you ideas that will get you started planning the best trip ever. Class will include information about geography, accommodations, transportation, culture, and best of all, advice from kids themselves. I have traveled with my family to Italy five times and spent time there as well.

**1 class**

**Monday 7:30 - 9 pm**

**October 22**

**@ Warren Building**

**\$20**

**Min: 8/Max: 15**

### More Conversational Italian

**Instructor: Shelly Ironside**

Move beyond the basics as you review and build upon the grammar and vocabulary learned in the Beginning class. This class will be paced more quickly for students who would like to really improve in their speaking ability and learn how to speak correctly. More verb tenses will be introduced. There will still be lots of interactive games, as well as dialogs, grammar drills, and music.

**8 weeks**

**Wednesday 7 - 9 pm**

**September 19 - November 14 (No class 10/31)**

**@ Warren Building**

**\$100(plus text)**

**Min: 10/Max: 15**

**Ultimate Italian Beginner - Intermediate**

**Living Language 2004/ISBN 1400021103**

### Writing from the Heart

**Instructor: Anna Simon**

The goal of this course is to find your unique voice and to bring out the storyteller that dwells in each of us. We will use different creative writing exercises to launch the writing process. You will learn how to apply your writing samples and write short stories. We will explore free-writing as a way to access the place of inspiration that allows our inner voice to emerge, and make use of interesting and fun prompts such as photos, music and short meditations. Fill page after page and let the pen do the talking. Take the chance to find and trust the thoughts that surface. All are welcome, no previous writing experience necessary. Please bring pencils, pens, writing paper and an open mind.

**6 weeks**

**Tuesday 7 - 9 pm**

**September 25 - October 30**

**@ Warren Building**

**\$55**

**Min: 8/Max: 15**

**NEW!**

### Eight Little Words for Developing Interesting Conversations

**Instructor: Hank Fleming**

Better listening results in better conversation by learning the famous "Artichoke Method of Conversation". There are two intertwining objectives for this class. The first is to give you basic, usable techniques for starting appropriate "small talk" and moving towards meaningful and interesting "conversation". The second is to demonstrate some simple, proven procedures to help you "listen" more efficiently in casual conversation and to speeches, lectures, presentations, sermons, etc. You will receive an "action plan" for future improvement to prevent "conversation stagnation" and "listening block".

**2 classes**

**Monday 7 - 9:30 pm**

**October 29 & November 5**

**@ Warren Building**

**\$50**

**Min: 5/Max: 20**

### Mental Exercises for Improving Your Memory

**Instructor: Hank Fleming**

Learn the proven "Elephant Memory Method" to improve your concentration and memory of what you've just experienced, heard, intend to do, or the names of people you've met. It is really quite easy to improve your memory if you learn a few proven techniques and use them regularly. Practice the use of visualization, memory pictorials, mental fasteners, mnemonics, associations, pegging, and mind mapping. You will not only remember people's names, but you will be able to throw away your shopping and "to-do" lists, and give a speech without using notes. You will also receive an "action plan" for future everyday memory improvement so you won't forget the techniques, to constantly keep your memory sharp!

**2 classes**

**Wednesday 7 - 9:30 pm**

**October 17 & 24**

**@ Warren Building**

**\$50**

**Min: 5/Max: 15**